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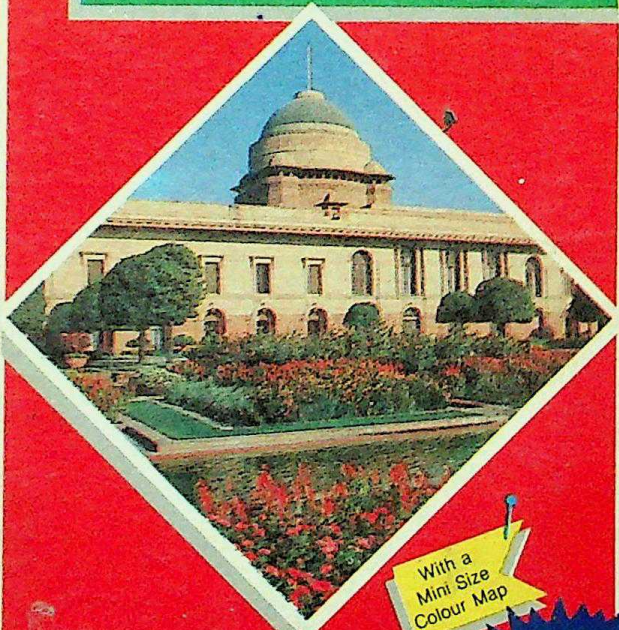
DISCOVER INDIA SERIES

A GUIDE TO

INDIA



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AN INTRODUCTION TO INDIA

India is, by area, the seventh largest country in the world, but by population, it is the second largest. The Indian mainland extends between latitudes 8° 4′ and 37° 6′ north and longitudes 68° 7′ and 97° 25′ east. It covers an area of 3,287.263 sq. km. From north to south, the country measures 3,214 km and from east to west 2,933 km. India's land frontiers are approximately 15,200 km long and its coastline including Lakshadweep Is. and Andaman & Nicobar Is. is about 7,516.6 km.

India's northern boundary is demarcated by the Himalayas and other mountain ranges, except in the Nepal region, which is marked by low hills. China, Nepal and Bhutan are India's neighbours in the north-east and Pakistan and Afghanistan in the north-west. To the east of India lies Myanmar, while surrounded by India's eastern and north-eastern states is Bangladesh. Eastern India is, as a result, linked to the north-eastern territories by a strip of land that is only about 50 km wide at its narrowest. Below the broad territorial expanse of northern India is Peninsular India, with the Arabian Sea to its west and the Bay of Bengal to the east. Just south of peninsular India is Sri Lanka, separated from the mainland of India by the Palk Strait and the Gulf of Mannar. The Andaman and Nicobar Islands in the Bay of Bengal and Lakshadweep (The 100,000 islands) and Minicoy in the Arabian Sea are integral parts of Indian territory.

THE LAND REGIONS

This great landmass is divided into four fairly clear, physically identifiable regions: the great northern mountain zone, the sprawling Indo-Gangetic Plain, the desert area and the Southern Peninsula.

The mountain region, about one-sixth the area of India, virtually stretches from one end of India to the other in the northernmost part of the country and comprises three almost parallel ranges between which are found large plateaux and beautiful fertile valleys. These mountain ranges extend over a distance of around 2,400 km. The three ranges together make a wall that is between 240 and 320 km deep. In these mountain ranges are found some of the highest peaks in the world. In Eastern India, however, the ranges are of a much lower altitude.

The river valleys of the Indus, Ganga and Brahmaputra merge to form the Indo-Gangetic plain, which extends across Northern India for about 2,400 km, with a width varying from 260 to 350 km. This almost flat plain, one of the world's greatest stretches of flat alluvium, is amongst the most densely populated areas on earth. It is a little over a quarter as large as the mountain region.

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The desert region of India comprises the 'great desert' and the 'little desert'. The former extends northwards from the edge of the Rann of Kachchh and covers virtually the whole of the Rajasthan-Sind frontier. The 'little desert' stretches from between Jaisalmer and Jodhpur to a little beyond the north of Rajasthan. Between both deserts is rocky waste.

Separated by the Aravalli, Vindhya, Satpura, Maikala and Ajanta mountain ranges from the Indo-Gangetic Plain is the peninsular plateau. This plateau is flanked by the Eastern Ghats and the Western Ghats, the former averaging about 600 metres in height and the latter around 1,000 metres (with certain peaks over 2,000 metres). The western ghats fall abruptly to the Arabian Sea. The narrow strip of land thus formed is an area of great fertility. Between the Eastern Ghats and the Bay of Bengal is a much broader coastal area of varying fertility. Joining both Ghats at the southern point of the great plateau is the Nilgiri Hills.

THE RIVER SYSTEM

India's river system comprises the Himalayan rivers, the Deccan rivers, the coastal rivers and the rivers of the inland drainage basin. The snow-fed Himalayan rivers have a continuous flow and during monsoon months are liable to flood. The rainfed Deccan rivers are mainly non-perennial and have an uncertain flow of water. Like many of the Deccan rivers, several of the coastal rivers, especially on the west coast, are non-perennial. Most of these coastal rivers have limited catchment areas. The streams of the inland drainage basin of western Rajasthan are generally ephemeral in character.

THE CLIMATE

India has four climatic seasons. Winter is December to February. The hot-weather season (Summer) is from March to May. The South-West Monsoon, or the rainy season, is from June to September. And the post-monsoon season, which is the North-East Monsoon in South India, is from October-November. Summer is hot everywhere, except in the hills, many a hill station at this time of the year comes to life to celebrate a gay holiday 'Season'. The post-monsoon season and winter are generally the most pleasant times of the year throughout the country.

Rainfall in India tends to be variable. The north-eastern region, the western slopes of the Western Ghats and parts of the Himalayas have very heavy rainfall, receiving over 2,000 mm annually. The eastern part of the peninsula, extending up to the northern plains, receives rainfall varying from 1,000 to 2,000 mm a year, while the area from Western Deccan up to the Punjab plains gets between 100 mm and 500 mm a year. Rajasthan, Kachchh and Ladakh have hardly any rainfall.

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FLORA & FAUNA

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India has a wealth of flora and fauna. It is estimated that there are over 500 species of mammals, 2,000 species of birds, 30,000 species of insects in addition to hundreds of species of fishes and reptiles in the country.

India's animal wealth comprises the elephant, the last remaining lions outside Africa, the Royal Bengal tiger and a declining rhinoceros population, the wild buffalo (Indian bison), several of the leopard and smaller cat species and a wide variety of deer, monkeys and wild goat. A wide range of snakes, lizards and crocodiles comprise the main reptile population, while the bird wealth of the country ranges from colourful peacocks and parrots to large stocks of migrant water birds.

Much of the fauna of the country is protected by the Indian Wild life (Protection) Act, 1972. A consequence of the protective measures has been the development of 66 national parks, 333 wildlife sanctuaries and 35 zoological gardens.

Indian flora varies from the Western Himalayan to the Eastern Himalayan and Assamese, from the species of the Indus Plain to those of the Gangetic Plain, from the Deccani and Malabari to the vegetation of the Andaman Islands. The floral wealth ranges from the Alpine to the temperate thorn, from the coniferous to the evergreen, from scrub to deciduous forests, from thick tropical jungle to cool temperate woods.

POPULATION

India's 25 States and 7 Union Territories have a population officially assessed in 1991 at 84.4 crores. The average density of population per sq. km at the time was 267, ranging from a high of 766 to a low of 10. For every 1,000 males there are 929 females. Hindus account for approximately 82% of the population, Muslims for about 12%, Christians for about 3%, Sikhs for around 2% and Buddhists for about ½%.

GOVERNMENT

India is a Sovereign Democratic Socialist Secular Republic enjoying a parliamentary system of Government. The republic has a Constitution, which came into force on January 26, 1950.

The country being a union of states, the Constitution is federal in structure but has unitary features. The President of India is the constitutional head of the executive of the Union, but the real executive power vests in the Council of Ministers, headed by the Prime Minister. This Council is collectively responsible to the Lok Sabha (the House of the People). In each state, there is similar organisation. The Governor is the head of the State executive, but the Council of Ministers, with

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the Chief Minister as the head, is responsible to the State Legislative Assembly which carries on the executive Government. The areas of jurisdiction of the Union and the States are clearly demarcated.

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The Union Parliament comprises of the President, the speaker and two Houses, the Rajya Sabha (the Concil of Ministers) and the Lok Sabha. The Lok Sabha has 544 members, 525 directly elected from 25 States and 17 from 7 Union Territories. Two nominated members represent the Anglo-Indian community. The Rajya Sabha cannot have more than 250 members, including nominated members, and, at present, it is constituted of 244 members, 232 representing the States and Union Territories and 12 nominated to represent literature, science, art and social service.

The Indian Constitution guarantees citizens certain Fundamental Rights: the right to equality, the right to freedom (including speech etc.), the right against exploitation, the right to free profession of religion, the right of minorities to conserve their cultures, the right to property and the right to constitutional remedies for enforcement of these rights.

LANGUAGE

Hindi is the official language of India, but English may also be used. Though India has 1,652 dialects, the main languages of the country, besides Hindi and English, are Assamese, Bengali, Gujarathi, Kannada, Kashmiri, Malayalam, Marathi, Oriya, Punjabi, Sindhi, Tamil, Telugu and Urdu. Sanskrit is also constitutionally recognised as one of India's languages.

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AREA (in Sq Kms)

State/Union Territories	Rural	Urban	Total
STATES			
Andhra Pradesh	271,022	4046	275,068
Arunachal Pradesh	–	–	83,743
Assam	78,391	435	78,438
Bihar	170,678	3199	173,877
Goa	3525	177	3702
Gujarat	191,259	4764	196,024
Haryana	43,448	764	44,212
Himachal Pradesh	55,461	212	55,673
Jammu & Kashmir	221,649	587	222,236
Karnataka	188,108	3683	191,791
Kerala	37,075	1788	38,863
Madhya Pradesh	438,568	4878	443,446
Maharashtra	301,802	5887	307,690
Manipur	22,175	152	22,327
Meghalaya	22,344	85	22,429
Mizoram	20,762	319	21,081
Nagaland	16,470	109	16,579
Orissa	153,419	2288	155,707
Punjab	49,163	1199	50,362
Rajasthan	337,742	4497	342,239
Sikkim	–	–	7096
Tamil Nadu	124,197	5861	130,058
Tripura	10,432	54	10,486
Uttar Pradesh	289,851	4560	294,411
West Bengal	86,106	2646	88,752
UNION TERRITORIES			
Andaman & Nicobar	8235	14	8249
Chandigarh	46	68	114
Dadra & Nagar Haveli	484	7	491
Daman & Diu	96	16	112
Delhi	891	592	1483
Lakshadweep	21	11	32
Pondicherry	392	100	492
INDIA	3,143,240	53,183	3,287,263

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TOURISM OFFICES

Andaman & Nicobar

Deputy Director, Tourism, Andaman & Nicobar Administration, Port Blair, Tel: 20694

Manager, Government of India Tourist Office, VIP Road, Port Blair, Tel: 21006

Andhra Pradesh

Director of Tourism, 3-6-150/2, Himayat Nagar, Hyderabad 500 029

Andhra Pradesh Travel & Tourism Development Corporation, Opp Anand Theatre, S.P. Road, Secundarabad, Tel: 843942

Government of India Tourist Office, Sandozi Building, Himayat Nagar, Hyderabad, Tel: 66877

Arunachal Pradesh

Director Tourism, Itanagar

Government of India Tourist Office, Sector 'C', Naharlagun, Tel: 328

Assam

Director of Tourism, Government of Assam, Station Road, Guwahati, Tel: 27102

Tourist Information Office, Government of Meghalaya, ASTC Bus Stand, Paltan Bazar, Guwahati

Government of India Tourist Office, B.K. Kakati Road, Ulubari, Guwahati 781 007, Tel: 31381

Bihar

Bihar State Tourism Information Centre, Fraser Road, Patna, Tel: 25295

Bihar Tourism Development Corporation, Secretariat Building, Patna 15

Government of India Tourist Office, Room 151, Tourist Bhawan, Birchand Patel Path, Patna, Tel: 226721

Dadra & Nagar Haveli

Tourist Officer, Tourism Department, Silvassa

Delhi

Delhi Tourism Development Corporation, N-Block, Connaught Place, N. Delhi, Tel: 3314229

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India Tourism Development Corporation, L-Block, Connaught Place, N. Delhi, Tel: 3320331

Government of India Tourist Office, 88, Janpath, N. Delhi, Tel: 3320008

Goa

State Government Tourist Office, Tourist Home, Patto, Panaji, Tel: 4757, 5583, 5715

Maharashtra Tourist Information Centre, Tourist Hostel, Panaji, Tel: 3572

Karnataka Tourist Information Centre, Velho Building, Panaji, Tel: 4110

Andhra Pradesh Tourist Information Centre, Rua de Ourem, Panaji

Gujarat Tourism Development Corporation, Stall No. 5, Kadamba Bus Stand, Panaji, Tel: 6515, 4132, 3459

Government of India Tourist Office, Communidade Building, Church Square, Panaji, Tel: 3412

Gujarat

Tourist Office, Ahmedabad Municipal Corporation, near Khamasa Gate, Ahmedabad, Tel: 365610, 365611

Tourism Corporation of Gujarat Limited, H.K. House, Ashram Road, near Carmel School, Ahmedabad, Tel: 449172, 449683

Rajasthan Tourism Development Corporation, Karnavati Society, Usmanpura, Ahmedabad, Tel: 405289

UP Tourism Development Corporaton, Smrutikunj Society, Opp Asia English School, Ahmedabad, Tel: 405289

Jammu & Kashmir Government Tourist Office, Indian Airlines Building, Lal Darwaza, Ahmedabad, Tel: 351043, 354526

Haryana/Punjab/Chandigarh

Haryana Tourism Development Corporation Limited, 111-113, Sector 17

Chandigarh, Tel: 21955, 21956, 31022, 32899

Tourist Information Office, Chandigarh Administration, First Floor, Main Bus Terminal Sector 17, Tel: 22548

Punjab Tourism Development Corporation S.C.O. No: 183-184, Sector 8-C, Madhya Marg, Chandigarh

Uttar Pradesh Tourism Development Corporation, Sector 22, Chandigarh, Tel: 41649

Himachal Pradesh Tourism Development Corporation, Sector 22, Chandigarh, Tel: 26494

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Himachal Pradesh

Himachal Pradesh Tourism Development Corporation, The Mall, Shimla, Tel: 78311

Tourist Information Office, near Victory Tunnel, Cart Road, Shimla, Tel: 4589

Jammu & Kashmir

J&K Government Tourist Reception Centre, Shervani Road, Srinagar, Tel: 71921, 77305

J&K Tourism Development Corporation, Shervani Road, Srinagar, Tel: 76107, 72644

Tourism Reception Centre, Veer Marg, Jammu, Tel: 48172

Karnataka

Tourist Information Counter, 64, St. Marks Road, Bangalore

Karnataka State Tourism Development Corporation, 10/4, Kasturba Road, Bangalore, Tel: 212901, 212902, 212903

Government of India Tourist Office, Church Street, Bangalore, Tel: 579517

Kerala

Department of Tourism, Kerala, Park View, Thiruvananthapuram, Tel: 61132

Kerala Tourism Development Corporation, Thampanoor, near Central Bus Stand, Thiruvananthapuram, Tel: 75031

Government of India Tourist Office, Thiruvananthapuram Airport

Government of India Tourist Office, Willingdon Island, Kochi, Tel: 6045

Lakshadweep

Information Officer Tourism, Kavaratti

The Society for Promotion of Recreational Tourism & Sports, Kavaratti, Lakshadweep

Madhya Pradesh

M.P. State Tourism Development Corporation, Gangotri, IV Floor, T.T. Nagar, Bhopal, Tel: 66383, 64388

M.P. Tourist Office, Tourist Bungalow Complex, Khajuraho, Tel: 51

Government of India Tourist Office, Khajuraho, Tel: 47

Maharashtra

Maharashtra Tourism Development Corporation, CDO Hutments, Madame Cama Road, Bombay, Tel: 2026713, 2027762

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UP Tourism, World Trade Centre, Cuffe Parade, Colaba, Bombay, Tel: 215497

Rajasthan Tourist Office, 230 Dr. D.N. Road, Bombay, Tel: 2044162

Madhya Pradesh Tourist Office, 74 World Trade Centre, Cuffe Parade, Colaba, Bombay, Tel: 214860, 219191

Himachal Pradesh Tourist Office, 36 World Trade Centre, Cuffe Parade, Colaba, Bombay, Tel: 211123

Director of Tourism, 9th Floor, Nariman Point, Bombay

Government of India Tourist Office, 123 Maharishi Karve Road, Opp Churchgate, Bombay, Tel: 291585, 293144

Manipur

Director of Tourism, Imphal 795 001

Government of India Tourist Office, Old Lambulane, Jail Road, Imphal, Tel: 21131

Meghalaya

Government of India Tourist Office, Jail Road, Opp Bus Stand, Police Bazar, Shillong, Tel: 26200

Meghalaya Tourism Development Corporation, Hotel Orchid, Polo Road, Shillong, Tel: 24933

Government of India Tourist Office, G.S. Road, Police Bazar, Shillong, Tel: 25632

Mizoram

Director of Tourism, Aizawl 796 001

Nagaland

Director of Tourism, Kohima

Orissa

Department of Tourism, Jayadev Marg, Bhubaneshwar, Tel: 50099

Orissa Tourism Development Corporation, 9, Satyanagar, Bhubaneshwar, Tel: 54727, 55072, 54713

Government of India Tourist Office, B/21, B.J.B. Nagar, Kalpana Area, Bhubaneshwar, Tel: 54203

Tourist Information Bureau, Old Secretariat Building, Compagnie Street, Pondicherry, Tel: 4575

Rajasthan

Government of Rajasthan Tourist Office, Railway Station, Jaipur, Tel: 69714

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Tourist Information Bureau, Dorjeling Sikkim Camp, Darjeeling Tel: 72345
Government of India Tourist Office, Hotel Khasá Kothi, Jaipur, Tel: 69714

Sikkim

Tourist Information Centre, Department of Tourism, Government of Sikkim, M.G. Road, Gangtok, Tel: 2064

Tamil Nadu

Government of Tamil Nadu Tourist Office, 143, Anna Salai, Madras, Tel: 840752
Tamil Nadu Tourism Development Corporation, 143, Anna Salai, Madras, Tel: 849803
Haryana Government Tourist Bureau, 700, Anna Salai, Madras, Tel: 860475
Himachal Pradesh Tourist Bureau, 28, Commander-in-Chief Road, Madras, Tel: 472966
Jammu & Kashmir Tourist Information Office, 1st Floor, 837, Anna Salai, Madras, Tel: 562335
Kerala Tourist Information Office, 28, Commander-in-Chief Road, Madras, Tel: 479862
Rajasthan Tourist Information Bureau, 28, Commander-in-Chief Road, Madras, Tel: 472094
Uttar Pradesh Tourist Office, 28, Commander-in-Chief Road, Madras, Tel: 479726
West Bengal Tourist Information Centre, 28, Commander-in-Chief Road, Madras, Tel: 87612
India Tourism Development Corporation, 29, Victoria Crescent, Commander-in-Chief Road, Madras, Tel: 478884, 474216, 474240, 472186
Government of India Tourist Office, 154, Anna Salai, Madras, Tel: 869685

Tripura

Director of Tourism, Agartala 799001

Uttar Pradesh

U.P. Government Tourist Office, 10/4 Station Road, Lucknow, Tel: 246205
UP State Tourism Development Corporation, 3, Nawal Kishore Road, Lucknow, Tel: 247749
Government of India Tourist Office, 191, The Mall, Agra, Tel: 69959

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Government of India Tourist Office, 15-B, The Mall, Varanasi, Tel: 43744

West Bengal

West Bengal Tourist Bureau, 3/2, B.B.D. Bagh East, Calcutta, Tel: 288271

Assam Tourist Office, 8, Russel Street, Calcutta, Tel: 291711

Arunachal Pradesh Tourist Office, 4-B, Chowringhee Place, Calcutta, Tel: 236500

Bihar Tourist Office, 26-B Camac Street, Calcutta, Tel: 440821

Jammu & Kashmir Tourist Office, 12 J.L. Nehru Road, Calcutta, Tel: 225790

Himachal Pradesh Tourist Office, 25, Camac Street, Calcutta, Tel: 446867

Orissa Tourist Office, Utkal Bhawan, 55, Lenin Sarani, Calcutta, Tel: 243653

Rajasthan Tourist Office, 2, Ganesh Chandra Avenue, Calcutta, Tel: 279051

Uttar Pradesh Tourist Office, 12, A.N.S. Road, Calcutta, Tel: 207855

Madhya Pradesh Tourist Office, Room 7, VI Floor, 230A, Acharya J.C. Bose Road, Calcutta, Tel: 448643

Haryana Tourist Office, 49, Muktaram Babu Street, Calcutta

Punjab Tourist Information Centre, 5, Lower Rawdon Street, Calcutta, Tel: 751790

Mizoram Tourist Office, 24, Old Ballygunge Lane, Calcutta, Tel: 757043

Nagaland Tourist Centre, 13, Shakeshpeare Sarani, Calcutta

Meghalaya Tourist Centre, 9, Russel Street, Calcutta, Tel: 290797

Andaman & Nicobar Islands Tourist Office, 3A, Auckland Place, Calcutta, Tel: 442604

Tripura Tourist Office, 1, Pretoria Street, Calcutta, Tel: 443856

Sikkim Tourist Office, Poonam Buildings, 5/2, Russel Street, Calcutta, Tel: 295476

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Route No.		Kms.
1	Delhi-Jalandhar-Amritsar-Pakistan Border	472
1A	Jalandhar-Jammu-Srinagar-Uri	623
2	Delhi-Agra-Allahabad-Calcutta	1482
3	Agra-Indore-Dhule-Bombay	1208
4	Thane-Pune-Bangalore-Madras	1324
4A	Belgaum-Londa-Panaji-Nhava Sheva-Kalanboli-Palapse	165
5	Jharpokaria-Baleshwar-Cuttack-Vijayawada-Madras	1547
5A	Chandikhola-Paradwip	82
6	Dhule-Nagpur-Calcutta	1644
7	Varanasi-Nagpur-Bangalore-Kanniyakumari	2437
7A	Palayankottai-Tuticorin	50
8	Delhi-Jaipur-Ahmadabad-Bombay	1437
8A	Ahmadabad-Bamanbore-Kandla	380
8B	Bamanbore-Rajkot-Porbandar	217
9	Pune-Solapur-Hyderabad-Vijayawada	816
10	Delhi-Abohar-Fazilka-Pakistan Border	423
11	Agra-Jaipur-Bikaner	584
11A	Link Road from Manoharpura on NH 8 to Dausa on NH 11 in Rajasthan	64
12	Jabalpur-Bhopal-Biaora-Rajgarh-Khilchipur-Aklera-Jhalawar-Kota-Bundi-Devli-Tonk-Jaipur	910
13	Solapur-Bijapur-Chitradurga	470
14	Beawar-Sirohi-Kandla Road	450
15	Pathankot-Amritsar-Jaisalmer-Samakhiali	1519
16	Nizamabad-Jagdalpur Road	460
17	Panvel-Mangalore-Thrissur	1202
17A	Marmagoa-Cortalim	15
20	Pathankot-Mandi Road	220
21	Chandigarh-Bilaspur-Manali	272
22	Ambala-Chandigarh-Shimla-Rampur-Shipki La	319
23	Chas-Ranchi-Talcher-Nuatta	294
24	Delhi-Bareilly-Lucknow	499
25	Lucknow-Jhansi-Shivpuri	395
26	Jhansi-Sagar-Lakhnadon	383
27	Allahabad-Mangawan	95
28	Lucknow-Gorakhpur-Barauni	603
28A	Pipra-Raxaul-Nepal Border	64
29	Gorakhpur-Varanasi	225

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30	Mohania-Patna-Bakhtiyarpur	230
31	Barhi-Bakhtiyarpur-North Salmara-Rangia-Guwahati	1151
31A	Sivok-Gangtok	72
31B	North Salmara-Jogighopa Ghat	19
31C	Galgalia-Baghdogra-Chalsa-Nagrakata-Goyarkata-Balgaon-Hasimara-Rajabhat-Khawa-Kochugaon-Sidli Jn. with NH No. 31 near Bijni	235
32	Jamshedpur-Dhanbad-Govindpur	154
33	Barhi-Ranchi-Baharagora	381
34	Dalkola-Baharampur-Calcutta	472
35	Barasat-Bangaon-Bangladesh Border	79
36	Nagaon-Dimapur	145
37	Panchratna Ghat-Goalpara-Guwahati-Nagaon-Kaziranga-Numaligarh-Jorhat-Sibsagar-Dibrugarh-Saikhowa Ghat	719
37A	Kurarital Jn. with NH No. 52 at Tezpur	23
38	Makum-Likhapani	56
39	Numaligarh-Golaghat-Garampani-Dimapur-Kohima-Imphal-Moreh-Myanmar Border	368
40	Jorabat-Shillong-Bangladesh Border	201
41	Kolghat-Haldia	52
42	Sambalpur-Angul-Cuttack	242
43	Rajpur-Vizianagaram-Chittivalasa	599
44	Shillong-Jowai-Agartala	487
45	Madras-Tiruchchirappalli-Dindigul	398
45A	Villupuram-Pondicherry	40
46	Ranipettai-Krishnagiri	144
47	Salem-Thrissur-Thiruvananthapuram-Kanniyakumari	645
47A	Willingdon Island Jn. with Kochi Bypass	6
48	Bangalore-Mangalore	347
49	Kochi-Madurai-Dhanushkodi	457
50	Nashik-Kirkee	199
51	Paikan-Tura-Dalu	149
52	Baihata Charali-Tezpur-Bander Dewa-North Lakhimpur-Passighat-Tezu-Sitapani Jn. with NH No. 37 near Saikhoa Ghat	850
52A	Bander Dewa-Itanagar	25
53	Badarpur-Jirighat-Imphal-Silchar	320
54	Silchar-Aizawl-Tuipang	290
54 Extn.	Silchar-Tuipang Road	306
54A Extn.	Theriat-Lunglei Road	306
54B Extn.	Vensus Saddle-Saiha Road	306
56	Lucknow-Haidergarh-Jagdishpur-Sultanpur-Jaunpur-Varanasi	285

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IMPORTANT TRAINS

(with Air-conditioned services)

STARTING FROM BOMBAY, CALCUTTA, DELHI AND MADRAS

Name of Train	Stations Between
FROM BOMBAY	
Bhagalpur Express	Bombay V.T.-Patna-Bombay V.T.
Frontier Mail/Rajdhani Express	Bombay Central-Delhi-Bombay-Bombay Central
Gandhidham Express	Bombay Central-Gandhidham-Bombay Central
Gorakhpur Express	Bombay-Grokhpur-Bombay
Gujarat Mail	Bombay Central-Ahamadabad-Bombay Central
Guwahati Express	Bombay-Guwahati-Bombay
Howrah Mail (via) Nagpur/ Howrah Mail (via) Allahabad/ Gitanjali Express	Bombay V.T.-Howrah-Bombay V.T.
Hyderabad Express	Bombay-Hyderabad-Bombay
Indrayani Express/ Deccan Queen	Bombay V.T.-Pune-Bombay V.T.
Jammu Tawi Express	Bombay Central-Jammu Tawi-Bombay Central
Kanniyakumari Express	Bombay-Kanniyakumari-Bombay
Madras Mail	Bombay V.T.-Madras-Bombay V.T.
Mahanagari Express	Bombay-Varanasi-Bombay
Minar Express	Bombay-Secunderabad-Bombay
Paschim Express	Bombay Central-Amritsar-Bombay Central
Punjab Mail	Bombay V.T.-Ferozpur-Bombay V.T.
Pushpak Express	Bombay V.T.-Lucknow-Bombay V.T.
Sahyadri Express	Bombay V.T.-Kolhapur-Bombay V.T.
Saurashtra Mail	Bombay Central-Rajkot-Bombay
Vidharbha Express	Bombay-Nagpur-Bombay
FROM CALCUTTA (HOWRAH)	
Ahamadabad Express	Howrah-Ahmadabad-Howrah
Amritsar Mail	Howrah-Amritsar-Howrah
Bangalore Express	Howrah-Bangalore-Howrah
Black Diamond Express	Howrah-Dhanbad-Howrah
Cochin Express	Howrah-Cochin-Howrah
Darjeeling Mail	Sealdah-New Jalpaiguri-Sealdah
Dehra Dun Express	Howrah-Dehra Dun-Howrah

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Dhanapur Express	Howrah-Dhanapur-Howrah
Himgiri Express	Howrah-Jammu Tawi-Howrah
Gorakhpur Express/ Purbanchal Express	Howrah-Gorakhpur-Howrah
Ispat Express	Howrah-Rourkela-Howrah
Kalka Mail/A.C. Express/ Rajdhani Express	Howrah-Delhi-Howrah
Kanchenjunga Express/ Kamrup Express	Howrah-Guwahati-Howrah
Madras Mail/ Coromandel Express	Howrah-Madras Central-Howrah
North Bihar Express	Howrah-Muzaffarpur-Howrah
Puri Express/ Jagannath Express	Howrah-Puri-Howrah
Ranchi-Hatia Express	Howrah-Hatia-Howrah
Sambalpur Express	Howrah-Sambalpur-Howrah
Shanti Niketan Express	Howrah-Bolpur-Howrah
Steel Express	Howrah-Tata Nagar-Howrah

FROM DELHI

Andhra Pradesh Express	New Delhi-Secunderabad-New Delhi
Ashram Express/Delhi Mail	New Delhi-Ahmadabad-New Delhi
Bikaner Mail	New Delhi-Bikaner-New Delhi
Dehra Dun Express	New Delhi-Kota-New Delhi
Goa Express	Delhi-Vasco da Gama-Delhi
Gomti Express/Lucknow Mail	New Delhi-Lucknow-New Delhi
G.T. Express/ Tamil Nadu Express	New Delhi-Madras Central-New Delhi
Himalayan Queen Express	New Delhi-Kalka-New Delhi
Jodhpur Express	New Delhi-Jodhpur-New Delhi
Kaling Utkal Express	H. Nizamudin-Puri-H. Nizamudin
Karnataka Express	New Delhi-Bangalore City-New Delhi
Kashi Viswanath Express/ Varanasi Express	New Delhi-Varanasi-New Delhi
Kerala Mangala Express	New Delhi-Trivandrum-Mangalore-New Delhi
Link Express/Dakshin Express	H. Nizamudin-Vishkapatnam-H. Nizamudin
Magadh-Vikram Shila Express	New Delhi-Patna-New Delhi
Mahakosal Express	H. Nizamudin-Jabalpur-H. Nizamudin
Malwa Express	New Delhi-Indore-New Delhi
Mussoorie Express	New Delhi-Dehra Dun-New Delhi
Nilachal Express/Puri Express	New Delhi-Puri-New Delhi
Prayag Raj Express	New Delhi-Allahabad-New Delhi
Shaheed Express	New Delhi-Gorakhpur-New Delhi
Shalimar Express/Jammu Mail	New Delhi-Jammu Tawi-New Delhi

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Name of Train	Stations Between
Shane-Punjab Express/ Flying Mail	New Delhi-Amritsar-New Delhi
Shatabdi Express	New Delhi-Bhopal-New Delhi
Tinsukia Mail/Avadh-Assam Express/ North East Express	New Delhi-Guwahati-New Delhi
Unchahar Express/Superfast Express	New Delhi-Kanpur-New Delhi
Vaishali Express	New Delhi-Barauni-New Delhi

FROM MADRAS

Bangalore Mail/Bangalore Express/ Brindavan Express	Madras Central-Bangalore City-Madras Central
Blue Mountain Express	Madras Central-Mattupalayam-Madras Central
Cheran Express/ Kovai Express	Madras Central-Coimbatore-Madras Central
Cochin Express	Madras Central-Cochin-Madras Central
Hyderabad Express/ Charminar Express	Madras Central-Hyderabad-Madras Central
Kakinada Express	Madras Central-Kakinada-Madras Central
Mangalore Mail/West Coast Express	Madras Central-Mangalore-Madras Central
Navjivan Express	Madras Central-Ahmadabad-Madras Central
Patna Express	Madras Central-Patna-Madras Central
Sapthagiri Express	Madras Central-Tirupati-Madras Central
Steel City Express	Madras Central-Bokaro/Tata-Madras Central
Trivandrum Mail	Madras Central-Trivandrum-Madras Central
Varanasi Express	Madras Central-Varanasi-Madras Central
Yercaud Express	Madras Central-Erode-Madras Central
Nellai Express	Madras Egmore-Tirunelveli-Madras Egmore
Pallavan Express/Rockfort Express/Cholan Express	Madras Egmore-Tiruchchirappalli-Madras Egmore
Pearl City Express	Madras Egmore-Tuticorin-Madras Egmore
Sethu Express	Madras Egmore-Rameswaram-Madras Egmore
Quilon Mail	Madras Egmore-Quilon-Madras Egmore
Vaigai Express/Pandyan Express	Madras Egmore-Madurai-Madras Egmore

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